



PRESIDENT'S REPORT

Hello Friends,

Spending time with many of you in Atlanta this June was a joy and an affirmation! I am in awe of the creativity, energy, rigor and community that Makes Menstruation Matter in the classroom, the laboratory, the field, the office, and the streets. It is good to be reconnected with the fierce and the quietly tenacious who share our passions and our struggles.

As you know, our biennial conference was a two-day birthday party (we even had red velvet cake!) celebrating SMCR's 40th Anniversary, because taking stock of where we've been helps us more productively plan our future. I know I echo the endless appreciation of many for the efforts of Evelina Sterling, Conference Coordinator, and Peggy Stubbs, Program Chair, and their intrepid team. They assembled a showcase of smart research and innovative interventions that variously engage menstrual experiences across generations and geographies. And the incredible food! And the poems, songs, and stories!

Your Board of Directors met the day after the conference where our focus was framing the future for our organization. Under the guidance of [Shannon Schultz](#), an expert in organizational change, we took stock of our unique resources and strengths to clarify our priorities. In the end, we decided to redouble our efforts to organize an accessible and affordable 2019 conference, expand our membership, and bolster our research focus through a mentoring program and digital sharing of published work. Each of these initiatives will rely on member support. Stay tuned!

We also decided to put our blog, [MenstruationMatters](#), on hiatus. The blog, founded in 2009 and edited by Liz Kissling from 2009-2013, has generated nearly 600 posts written

by more than 20 authors—each bringing fresh and timely insights from the menstrual margins to mainstream. Please join me in thanking Laura Wershler who has served as our inspired Blog Editor since 2015. The blog will remain online to serve as a rich resource for teachers, activists and others interested in its content; it really is a treasure trove.

While the blog is taking a break, we will remain current in cyberspace. Our website is ably managed by our webspinner Ashley Reilly, and Angela Barney is the brains (and thumbs) behind what you see on [Twitter](#) and [Facebook](#). Our journal, [Women's Reproductive Health](#), will continue to thrive (in print and online) under the peerless leadership of founding editor Joan C Chrisler. And we are lucky to have Peggy Stubbs and Jessica Barnack-Tavlaris, remain as treasurer and secretary, respectively. David Linton and Saniya Lee Ghanoui as Newsletter Co-editors. Each job well done carries our organization, day by day, year by year. Thank you all.

But we also face change alongside our continuity. First, we will have our biennial election to fill four open seats on our Board of Directors. Information about the candidates and the election process is included in this newsletter. Please read, consider and vote! Second, at our BoD meeting, we selected our new president and her successor. Tomi-Ann Roberts has stepped up as our incoming president (beginning this October), and Jane Ussher will assume the presidency in 2019. These celebrated leaders in women's health research, both visionaries and role models, will keep SMCR in good stead for the next four years!

Thus, it is time for me to say goodbye as your outgoing president.

When I attended my first SMCR meeting in 2003, I immediately felt at home, and indeed, the people of SMCR have been my refuge, my encouragement, and my validation ever since. Having the opportunity to steer the organization that served me so well has been an honor. And as menstrual health and politics is trending up UP UP, it has been a privilege to represent the spirited group of people that so profoundly shapes this growing movement.

In bloody solidarity,
Chris Bobel

2017 Conference Highlights

The 22nd Biennial conference of the Society for Menstrual Cycle Research was held June 22 – 24, 2017 at Kennesaw State University in Atlanta Georgia. The conference theme, Menstrual Health: REsearch, REpresentataion and RE-Education, featured four plenary sessions with invited speakers commenting on key issues related to menstruation research and advocacy to improve menstrual health and experience. Breakout sessions featured presentations from among over 150 participants who came from over 20 countries. The traditional Friday night dinner, complete with a birthday cake celebrating SMCR's 40th birthday, was held at the Barnard A. Zuckerman Museum of Art. Dinner was followed by what has become a more currently added conference staple, the much anticipated and enjoyed RED MOON HOWL, a spoken word opportunity for SMCR members and other community members to raise their voices about menstrual cycle experience.

Several SMCR awards recognize work of those who have made outstanding contributions to advancing knowledge about menstrual experience.

Two student awards are given to recognize outstanding research presentations at the conference and to encourage new scholars. These awards honor the work of Linda McKeever and Esther Rome.

Linda McKeever, DNC, WHCNP, was a dedicated women's health advocate. In her doctoral research she described women's models of menopause, portraying the normal premenopausal process. Before her untimely death from a brain tumor in the early-1990s, Linda was an active participant in the Society.

The 2017 Linda McKeever award was presented to Autumn Winslow for her presentation: Disentangling "Those Times of the Month": Representations of Premenstrual Distress in Online Medical Media and Message Boards

Esther Rome was a tireless women's health advocate as a member of both the Boston Women's Health Collective and the Society for Menstrual Cycle Research. Among other interests, she was passionate about tampon safety: her testimony before Congress on tampon absorbency was influential in pushing the industry to provide some standardized absorbency information on tampon packaging for consumers. She presented regularly at

SMCR conferences and served on the SMCR Board of Directors until her untimely death from breast cancer in the mid-1990s.

The 2017 Esther Rome Award was presented to Josefina Persdotter for her presentation: Introducing Menstrunormativity

The conference committee gratefully acknowledges the 2017 conference sponsors: Diva International, Inc., CrampsAway, and Lunapads, and thanks them in addition for their conference presentations and dialogue throughout the event. Later this fall, be sure to check out the SMCR website for later postings of presentation slides and more!



THE MAKING MENSTRUATION MATTER AWARD is given to acknowledge a journalist, activist, artist, public figure or organization who has meaningfully contributed to the public understanding of menstrual cycle-related issues. The point of the award is to recognize and encourage thoughtful dialogue about the menstrual cycle beyond the academy. SMCR presented the 2017 Making Menstruation Matter Award to Congresswoman Carolyn Maloney. Congresswoman Maloney was first elected to Congress in 1992. Her many accomplishments in this position are detailed on her [website](#) and include achievements in financial services, national security, the economy, and of special interest to SMCR, women's issues. Although her advocacy of menstrual health legislation, is not mentioned in her biography, this did not escape our attention! Congresswoman Maloney was a natural choice for her authorship of the Robin Danielson Act to require the regulation of the content of menstrual products as well as her role in the broader realm of women's reproductive health.



THE ANN VODA LIFETIME ACHIEVEMENT AWARD was created in recognition of the valuable contributions that Ann Voda made during her career as a menstrual cycle researcher and founding member of the Society. The award is given to recognize an outstanding lifetime contribution to menstrual cycle research. It is not given every year but at the discretion of the board to a deserving individual. This year, the Voda Award is presented to Dr. Nancy Reame, PhD, RN, FAAN. Dr. Reame has been a long time, very active member of SMCR since 1980. She served on the board, was our president, and convened the 1989 conference in Ann Arbor, Michigan. Over the years our newsletters have been peppered with details of her service to SMCR and her many research activities.

SMCR Board Elections

The SMCR will hold its Board of Directors election in October 2017. There are seven candidates, nominated at the SMCR Business Meeting, June 24th, 2017, in Atlanta, running to fill four positions on the Board.

The election will take place electronically via Ballot Bin. In early October members will receive the link to vote via email. The voting site will provide bios of the seven candidates for reference. It is requested that you take the time to vote as soon as you receive the link. Only members in good standing may vote and/or be elected to the Board. According to SMCR bylaws, a margin of 51% of those voting will determine which nominees are elected to serve as directors of the Board.

The election results will be announced two weeks after the election begins.

2017 Board of Director nominee bios listed in alphabetical order:

Cass Clemmer (they/them or no pronouns) is a trans artist and activist based in Washington DC whose work centers around creating interactive and inclusive menstrual health education for people of all ages and genders who menstruate. Cass uses multiple artistic mediums including poetry, photography, illustration and graphic design to challenge the harmful equation of periods and femininity as well as the larger period taboo.

Rachel Fikslin (she/her/hers) is a doctoral student in the Basic and Applied Social Psychology program at the Graduate Center of the City University of New York. Her research examines individual and social factors that influence sexual and reproductive health and well-being, with a focus on stigmatized identities and conditions. Rachel is running for the SMCR Board of Directors because she is incredibly passionate about menstrual health, equity, and research. She has been working on menstruation-related research for over two years and has presented research at the past two SMCR conferences. She intends to pursue a line of research on menstruation throughout her career as a social psychologist and is committed to enhancing our understanding of the consequences of and ways to reduce menstrual stigma. Rachel would be excited to contribute to the board through working on the fundraising committee to find conference

support, providing a student perspective in the creation of a mentoring committee to support students and junior researchers, helping to increase SMCR's social media presence, and assisting with new and ongoing activism efforts. As someone passionate about critical menstruation scholarship, intersectional feminist activism, and rigorous, interdisciplinary research, she feels she is fully prepared to contribute to SMCR's mission and continue the important work done by those before her.

Saniya Lee Ghanoui (she/her/hers) is a doctoral candidate in history at the University of Illinois at Urbana-Champaign, and her dissertation examines the history of sex education, including menstrual education, and its media in the United States and Sweden. She has been involved with the Society for Menstrual Cycle Research for several years and assisted with conference planning for both the 2013 and 2017 conferences. If elected to the Board, she would continue contributing to the conference planning, as she believes that the in-person conferences are necessary to move our organization forward, to foster deeper menstrual cycle research, and to nurture future scholars, activists, and artists in the menstrual world.

Jennifer Gorman, (she/her/hers) MA, a senior lecturer in psychology at Connecticut College, joined SMCR in 1999. She was a recipient of the Esther R. Rome award at the SMCR conference in Arizona (1999) for her study on The Effect of a Positive Workshop about Menstruation on Women's and Men's Attitudes toward and Knowledge about Menstruation. She has presented research with colleagues and students at SMCR conferences over the last 18 years. Jenny co-facilitates a feminist psychology research group at Connecticut College with Joan C. Chrisler. They presented the results of two studies at SMCR Atlanta 2017 that culminated out of this research group, A Content Analysis of "PMS" in Urban Dictionary and Rumination, Emotional Regulation, and Premenstrual Distress (both with SMCR member, Angela Barney). They also presented the results of two studies at SMCR Boston 2015: Queer Periods (with SMCR member, Angela Barney) and Memories of Menarche: US & Mexico (with SMCR members, Maria Luisa Marvan & Angela Barney). This is her first time running for an elected position on the SMCR board of directors. She was on the conference committee for the 2001 SMCR conference in Avon, CT, and she served an appointed term as treasurer of SMCR 2013-2015. She has enjoyed having a brief appointed role on the board (as treasurer), and she would like to continue serving SMCR.

Janie Hampton, (no pronoun preference) BA, MSc, developed the British government's first international reproductive health policy and is the author of a dozen books on health in sub-Saharan Africa, where she has worked for over 30 years. Her interests in menstrual health are in practical activism, international development and the environment, using her skills as a writer and broadcaster. She is based in Oxford, England and has a mixed-heritage, multi-gender, extended family. As a director of SMCR she would bring both a European and an African perspective on the state of menstrual health - political, financial, stigmas, education & practical management. Using social media, she would encourage more participation from, and understanding of, developing countries. www.janiehampton.co.uk

Sharon L. Powell, (she/her/hers) MA Religious Studies, is adjunct faculty in the Department of Humanities, History and Social Sciences at Columbia College Chicago. Her work is framed by an interest in the field of reproductive health and alternative conversations about the body. Sharon is interested in assisting with membership and fundraising committees.

Eugenia Tarzibachi, (she/her/hers) Doctor of Social Sciences (University of Buenos Aires), Specialist in Education (University of San Andrés) and Psychologist (UBA), is conducting her Post-Doctoral Research at the Interdisciplinary Institute of Gender Studies (UBA), working as a clinical psychologist and teaching on comprehensive sex education (FLACSO Argentina/UNESCO/UNFPA). Author of the forthcoming book, Women´s Things. Menstruation, Gender and Power (Penguin Random House Argentina, November 2017). Her research is based on gender, cultural and transnational studies as a frame for the analysis of how bodies are engendered through discourses about menstruation and menstrual management technologies during the XX and XXI centuries. She is interested in working with SMCR on advocacy & activism, the mentoring committee, and the membership committee (with expansion in Latin American countries).

Here's a link to full details and other pertinent information:

<https://www.congress.gov/bill/115th-congress/house-bill/2379/text>

MEMBER NEWS

(To give voice to our members, we have not edited their news items, so some are written in first person while others use third person.)

In coordination of Women and Children Development Office, Radha Paudel Foundation had conducted an assessment on menstrual practice in June 2017 where the Chhaupadi is practicing across the district though the people do not realize the depth of issue. Along with the Women and Children Development Office and SOSEC, Foundation organized grand program during festival called Teej at the Chamunda Brindrasainee Municipality on dignified menstruation where two; 14 and 19 years girls died due to snake bite while following restrictions during menstruation. Foundation also engaged in national and international media while two girls died for urgency of advocacy on dignified menstruation. Foundation heavily engaged with various media and stakeholder to educate the essence of newly announced law against Chhaupadi. For details. please visit www.rpfoundation.net

Endometriosis Advocates Call upon ACOG for Improved Standards of Care

Spearheaded by Endometriosis Activist & Infertility Counselor, Casey Berna, LCSWA, a robust effort is underway to urge the American Congress of Obstetricians & Gynecologists (ACOG) to vastly improve the current standards of care for the disease as set forth and maintained by the organization. ACOG's lack of institutional leadership causes suffering for countless patients in the form of delayed diagnoses and poor access to effective treatments. By condoning and recommending menstrual cycle suppression and manipulation, poorly performed surgery, hysterectomy, oophorectomy and medical management rather than gold standard care, ACOG continues to create unnecessary obstacles to the effective treatment of endometriosis, ignoring the needs of 1 in 10 individuals.

In March 2017, ACOG's own Tom Gellhaus, MD shared that up to "63% of general practitioners feel uncomfortable diagnosing and treating patients with endometriosis, and as many as half are unfamiliar with the three main symptoms of the disease." Yet despite recognizing this shortfall, ACOG itself contributes to this systemic problem by disseminating erroneous guidelines about the disease to its members and declining to create new, improved standards of care with the input of thought leaders from the endometriosis community.

Founded as the "premiere professional membership organization for women's health," ACOG's guidelines have far-reaching impact and influence on the ways in which diseases are diagnosed and treated by practitioners. ACOG can also affect reimbursement and coding for obstetric and gynecologic services. Unfortunately, where endometriosis is concerned, ACOG continues to fail stakeholders, and educated patients, dedicated advocates and expert endometriosis practitioners strongly believe the organization is not acting as a leader in endometriosis healthcare.

ACOG also fails to act on behalf of those gynecologists providing expert surgical diagnosis and treatment, who have repeatedly asked the organization to create coding specific to the advanced techniques used during extensive excision procedures in order to facilitate appropriate compensation. Due to ACOG's failure to recognize endometriosis as a specialty, many patients are billed for procedures as out-of-network services, making this high quality care inaccessible to so many who cannot afford it. In their support of the petition, the world's leading professional minimally invasive gynecologic surgery organization, AAGL, wrote "one of the most challenging conditions in our specialty is advanced stage endometriosis. The surgical management often involves longer operative times that address multiple organ systems and require vast surgical expertise. Inherent to these procedures is also a significant risk of complications. Unfortunately, the current model for reimbursement is not sustainable and significantly restricts patient access to appropriate surgical care."

Endometriosis affects 176 million global individuals and profoundly impacts quality of life. Until changes are made, the endometriosis community considers this a social justice matter negatively impacting countless patients' emotional, social, financial and physical well-being. A petition, supported by global leaders in the research, treatment and support of endometriosis, has been launched requesting ACOG to change its policies with the help of those leading the way towards improved care.

To learn more about this critical issue and join thousands of others in supporting Ms. Berna's endeavor, visit <http://www.caseyberna.com> and <http://bit.ly/2vZBZNE>.
Submitted by SMCR Member Heather Guidone of the Center for Endometriosis Care

Eugenia Tarzibachi, Ph.D.

Dear SMCR Colleagues and Friends,

I want to share with you that I am finishing the review of my first book, Women's Thing. Menstruation, Gender and Power that will be published in November, 2017 by Penguin Random House. The book is a contribution of the transnational dissemination and appropriation of disposable and manufactured pads and tampons between US and Argentina as paradigmatic of what happened alongside the XX century in other countries of Latin America. In the last chapter of the book, I try to understand currents discourses about menstrual bodies and menstrual management technologies, menstrual activism and advocacy and the importance of framing menstrual health as a matter of human rights and gender justice. I am delighted to have an endorsement of Chris Bobel in the back cover! Thank you once again, Chris! It will be published in Spanish but the editorial will present it at the Book Fairs of Frankfort and London to find interested publishers in English. That is my next step!

Also, I am also happy to share with you that, in Argentina, the legislation related to make menstrual management products more obtainable by eliminating sales tax on them and programs to offer these items for free to women in need is growing. I would like now to start advocating in Argentina projects related to the need to know which are the components of these technologies and its safety.

That is why yesterday, September 6th, 2017 I interviewed Jennifer Weiss Wolf at the Brennan Center for Social Justice and I am planning to interview Congresswomen Meng in WDC. We still have to discuss this with Jennifer but I will try to disseminate that interview in different web sites, a journal and in the documentary I am working on. We still have so much work in progress!

Best wishes,

Eugenia Tarzibachi, Ph.D.

Interdisciplinary Institute of Gender Studies, University of Buenos Aires
Consejo Nacional de Investigaciones Científicas y Técnicas
Argentina

The Real Period Project CIC

After meeting and hearing many of you at the conference and coming away hugely inspired I am really happy to announce that my The Real Period Project is going well here in the UK. I was recently selected to take part in a year long program run by the School for Social Entrepreneurs for new start up projects, which comes with £3000 funding. Our

aim for the year is to start with an online survey of young people under 25 asking them what their experience of menarche was, what kind of support/teaching they had and what support/teaching they would have appreciated. From this & our own teaching experience in this field we will develop a pilot program for primary school age children and test it across schools and groups in Bristol, UK. We have a very diverse population here and so I'm hopeful we can get a good idea of what works with many different children. If anyone has any experience of running online surveys I would really appreciate their advice or input please, and also any guidance on the best ways to evaluate our pilot would also be most welcome. And I will keep you posted of how it all goes! Best wishes to you all,
Emily. emily@realperiodproject.org www.realperiodproject.org

Emily Stewart

The Real Period Project CIC

www.realperiodproject.org

In addition to working with other SMCR members on the conference planning team for the June 2017 gathering in Atlanta, David Linton has continued to contribute to the SMCR blog, Menstruation Matters. And, he recently signed a contract with Peter Lang Publishing to write a book on the male perspective on menstruation and how men and women relate to each other around the period. The book is scheduled for release in 2018.

Nancy Fugate Woods, PhD, RN, retired from the University of Washington School of Nursing and was inducted as a Living Legend of the American Academy of Nursing. Dr. Woods will be honored in a ceremony and dinner at the Academy's Transforming Health, Driving Policy Conference this fall in Washington, D.C. Dr. Woods is a former president of SMCR.

Chella Quint

Chella had a brilliant time at the SMCR conference and since delivering her trial #periodpositive Method workshop there and receiving such lovely feedback she has delivered this training to organisations in the UK to support them to develop their own best practice when tackling taboos.

She has just received an excellent accolade about the education program she has developed and disseminated. #periodpositive has been recognised by leading sexual

health charities Brook and FPA for delivering innovative sex and relationships education to young people. Following the announcement that Relationships and Sex Education (RSE) is to become mandatory in all schools in England, the charities joined forces to source the best examples of schools-based RSE throughout the UK and present them to policymakers and practitioners to help shape the new curriculum. The best examples were selected by a panel of young people and will be featured in a report, to showcase high-quality RSE to Government. FPA Chief Executive Natika Halil said: “we’re keen to make sure that the decision-makers are aware of the very best examples such as this. We hope that the programme being delivered by #periodpositive will be replicated across the country, so that all young people can benefit.” Chella has also been interviewed and invited to a development day for Plan International’s research into menstruation in the UK, soon to be released as a report through Plan UK.

As a spokesperson for Girlguiding UK, she has been a regular guest speaker at the Action For Change Inspiration Weekends, sharing how she developed #periodpositive from an idea to a campaign, running workshops teaching the girls how to bust myths, interpret ads, and be #periodpositive ambassadors. She was recently featured in their Action For Change booklet in the ‘Amazing Women Today’ feature along with some brilliant fellow activists, and she has been working on ideas with them around a #periodpositive guides badge. A quote from one of the girls: “Chella Quint’s presentation on her campaign was my highlight of the weekend as she showed me that I CAN do it and she really inspired me.” <https://www.youtube.com/watch?v=XuK9IXJvvMs>

Brands off

#periodpositive launched the [Brands Off!](#) campaign for MHDAY 2017 to urge disposable menstrual product companies to remove their branding from education resources, use inclusive language and provide information on all types of disposable and reusable menstrual products. Please sign and share if you agree!

Introducing That Bloody Think Tank and That Bloody Conference

Chella is launching That Bloody Think Tank: Period Research for the People, the research arm of #periodpositive, which will fundraise to produce and share robust research that is not sponsored by disposable menstrual product companies, aiming to minimise corporate bias. #periodpositive invites menstrual health researchers, teachers, activists, charities and healthcare professionals to take part and share their research via the Think Tank. That Bloody Think Tank will be hosting That Bloody Conference in

Sheffield, UK at the end of May 2018. It will be an opportunity for menstruation researchers and campaigners to come together, share their work with the public, and create change.

The #periodpositive Schools Charter is being trialled this term prior for national roll-out, and the #periodpositive Partners Award now has a number of soft launch partners. Through the Charter and the Award, schools and organisations can demonstrate they are striving for best practice and are committed to inclusive, robust, positive menstruation education and management. Further interest is very welcome and supporters can find out more at www.periodpositive.com

Camilla Mørk Røstvik

This year, I began a 3-year Leverhulme Trust Early Career Research Fellowship about menstruation at the University of St Andrews. The project is titled "The Painters Are In: The Art History of Menstruation since 1950", and will do pretty much what it says on the tin through interviews with artists, archival research, and visual analysis. I include all of visual culture in my definition of art history, so I also hope to be interviewing menstrual product industry professionals and advertisers about their work, how they create their campaigns, visual decision making processes, etc. I hope to track how this has changed since the post-war era and into the period positive boom we seem to be going through at the moment. I am in the start phase of my research, and plan to travel to the US, through the UK and selected Scandinavian case studies during these 3 years. I am very interested in advice about access to large menstrual product companies and their advertisers. I am delighted to finally be part of the SMCR network, and look forward to meeting many of you in the future. Part of my project includes organising a conference, so I hope to be able to invite you all to St Andrews in due course.

After presenting at SMCR in June, Saniya Lee Ghanoui started her year-long archival work for her doctoral dissertation on the history of sex education films in the U.S. and Sweden. In addition, she is a producer for [Sexing History](#), a new podcast on how the history of sexuality shapes our present, and she continues to edit for [NOTCHES: \(re\)marks on the history of sexuality](#).

In addition to having been recognized for her life-long achievements at the recent SMCR conference, Nancy Reame will continue to share her research and insights at the North

American Menopause Society meeting in Philadelphia in October with a poster presentation titled, "In People Living with HIV, Menopause (natural or surgical) Contributes to the Greater Sympton Burden in Women: results from an online US survey."

Susannah Clemence

I'm organizing an event in Penzance, Cornwall, England on October 14th. It's called "Menstruation Happens" and it'll be a day of talks, debates, workshops, art, making cloth pads, and hopefully performances. All invited! Free entry, 10:00am onwards: Hypatia House, Chapel St., Penzance TR18 4AE. Email me for more info susannahclemcee@gmail.com--I'm looking for performers.

Thanks!

Susannah



#JFAEC17

SMCR members (Lisa Leger, Geraldine Matus, Allison Macbeth) hosted the Justisse College Fertility Awareness Educators Conference #JFAEC17 from August 23 to 27. Attendees included Justisse College International students and graduates, as well as allied Fertility Awareness Educators and others interested in menstrual cycle health and feminine empowerment.

#JFAEC17 was held at a retreat centre on Westwood Lake, British Columbia. Presentations addressed topics such as; endocrine function as it relates to menstrual health, the 5th vital sign, clinical skills for fertility educators, social and political aspects of menstrual cycle advocacy, and psycho-spiritual aspects of menstruation. Participants and presenters were from Sweden, Norway, Finland, Australia, Canada, and the United States.

Keynote speaker Lara Owen, author of *Her Blood is Gold* (1997), came from Australia to share her current doctoral research, which explores the valuation and meaningfulness of women's reproductive tasks (for example, managing menstruation, birth control use, child bearing and care of the family), as unpaid reproductive work. Owen shared her insights into the history of misogyny as it relates to the commodification of reproductive labor. We can anticipate the publication of her doctoral work in the near future. Owen's keynote address was revisited in a second session where she teamed up with Geraldine Matus (Justisse College Academic Director and Dean, and Justisse Method Founder) where they invited participants to examine how introjected phallogocentrism (Owen) and internalized misogyny (Matus) influence their response to the world.

Additionally, participants enjoyed classic Canadian activities like lake swimming and hiking in the beautiful west coast rain forest. Spiritual practices included a guided sunset meditation through the labyrinth on the retreat grounds, a cedar blessing of all participants by First Nations women on whose traditional territory the conference was held, opportunities for ecstatic dance, and daily sunrise meditation and exercises to awaken the senses.

Video recording of selected sessions will be available on the Justisse website shortly; visit www.justisse.ca to explore.

Submitted by SMCR member, Lisa Leger, a faculty member of Justisse College and a local host.

SEPTEMBER PERIODICAL PART II

The following items were unfortunately not included in the recent mailing of THE PERIODICAL. Apologies for the omission.

Member News

SMCR past presidents Joan C. Chrisler and Ingrid Johnston-Robledo recently published a book entitled *Woman's Embodied Self: Feminist Perspectives on Identity and Image* (American Psychological Association [APA Books]). The book considers how women relate to their bodies and how attitudes toward the body affect women's sense of self. Topics include attractiveness, sexuality, reproduction, illness and disability, and aging. The closing chapter (titled "Managing and Resisting Negative Embodiment") contains advice for women and girls and their therapists, including ways to engage in activism and advocacy. Many members of SMCR are cited in this compelling book.

Women's Reproductive Health News

The winter issue of our journal is in press (vol. 4, no. 3); look for it in December. The issue includes a special section on "Menstrual Health: A Matter of Human Rights," edited by Chris Bobel and Amy Agigian. The section contains interesting studies of girls' menstrual and menarcheal experiences in Ethiopia and Zambia, as well as a very comprehensive guide to conducting evidence-based research on menstrual hygiene interventions.

We are happy to announce that Women's Reproductive Health will soon be indexed by the Cumulative Index to Nursing and Allied Health Literature (CINAHL). We continue to work with representatives for Medline, PsycINFO, and Scopus; our acceptance by CINAHL should help in our efforts. Scopus wants to see more citations of work published in our journal. You can help with that: Read WRH and cite us in your own work.

Remember: Women's Reproductive Health will become a quarterly in 2018! That means we need more submissions, so send us your work – and encourage your colleagues to do the same. As always, questions and comments about the journal, as well as submissions, should be addressed to the Editor, Joan C. Chrisler, jcchr@conncoll.edu.

Suggestions about books and media to be reviewed, and offers to do a review, should be address to the Book Review Editor, Jessica Barnack-Tavlaris, jbarntav@gmail.com.

Deadline to submit for the next newsletter is December 10th.